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| Small World Nursery Logo | **Spring Menu - Week 1**Early weaners- As babies become used to flavours and textures, they will progress to more complex dishes. Finger foods like soft vegetables and bread are given in addition. Your key person will love to hear how weaning is going at home so we can work together. |
|  | **Breakfast****8am-8.45am** | **Lunch****12 noon** | **Teatime****4.15pm** |
| **Monday** | **A Selection of breakfast cereals****Allergens; G, M****(Soya & Rice milk is available)****Toast****Allergens: G, M****(Wheat free and dairy free options can be available)****Drinks****Milk, Water & Diluted Fruit Juice** | **Pasta Primevera served with garlic bread****Allergens: G, M****Fresh Fruit****Allergens: None**  | **Sandwiches served with a selection of fillings. Carrot & Cucumber Allergens: G, F****Yoghurt****Allergens: M** |
| **Tuesday** | **Roast Gammon in a Parsley Sauce with Roast Potatoes and spring greens****Allergens: G, M****Angel Delight****Allergens: M** | **Roasted Cauliflower in a Parsley Sauce served with roast potatoes and spring greens****Allergens:****Angel Delight****Allergens: M** | **Parsnip Soup with Crusty Bread** **Allergens: G****Fresh Fruit****Allergens: None** |
| **Wednesday** | **Chicken & Vegetable Pie with new potatoes & vegetables****Allergens: G****Peach Fool****Allergens: M** | **Lentil & Vegetable pie served with new potatoes & vegetables****Allergens: G****Peach Fool****Allergens:** | **Crackers with a selection of toppings served with cherry tomatoes****Allergens: M****Fresh Fruit****Allergens: None** |
| **Thursday** |  **Spaghetti Bolognese served with garlic bread****Allergens: G, M****Bananas & Custard****Allergens: M** | **Vegetarian Spaghetti Bolognese served with garlic bread****Allergens: G, M****Bananas & Custard****Allergens: M** | **Jacket Potatoes served with a selection of toppings****Allergens: M****Fresh Fruit****Allergens: None** |
| **Friday** | **Sweet & Sour Chicken & Vegetables served with rice****Allergens: G, M****Fresh Fruit****Allergens: None** | **Sweet & Sour Vegetables served with rice****Allergens: G, MFresh Fruit****Allergens: None** | **Muffins served with a section on toppings, cucumber & Carrot Allergens: G, M****Fresh Fruit****Allergens: None** |
| **Snacks -** A selection of fresh fruit, breadstick, rice cake or cracker and cheese cubes or cheese spread served with milk or water to drink |
| **Allergen Codes - G -** Cereals containing gluten, namely: wheat **Cr-** Crustaceans **E** – Eggs, **F**- Fish, P- Peanuts, **S -** Soybeans, **M –** Milk, N- Nuts; C - Celery (including celeriac), Mu – Mustard, **SS** – Sesame, **SD** - Sulphur dioxide/sulphites, **L**- Lupin , **Mo** - Molluscs |
| **Spring**Here are some seasonal ingredients that are popular in this season. |
| * Apple
* Banana
* Grapefruit
* Oranges
* Pear
* Pomegranate
* Rhubarb
 | * Peppers
* Spring Onions
 | * Brussel Sprouts
* Cabbage
* Cauliflower
* Celeriac
* Celery
* Kale
* Leeks
 | * Onion
* Parsnips
* Spinach
* Spring Greens
* Swede
* Sweet Potato
 | * Chicken
* Lamb
 | * Cod
 |
| Small World Nursery Logo | **Spring Menu - Week 2**Early weaners- As babies become used to flavours and textures, they will progress to more complex dishes. Finger foods like soft vegetables and bread are given in addition. Your key person will love to hear how weaning is going at home so we can work together. |
|  | **Breakfast****8am-8.45am** | **Lunch****12 noon** | **Teatime****4.15pm** |
| **Monday** | **A Selection of breakfast cereals****Allergens; G, M****(Soya & Rice milk is available)****Toast****Allergens: G, M****(Wheat free and dairy free options can be available)****Drinks****Milk, Water & Diluted Fruit Juice** | **Roast Chicken, Roast Potatoes & Vegetables****Allergens: G****Angel Delight****Allergens: M** | **Quorn Fillet, Roast Potatoes & Vegetables****Allergens: G****Angel Delight****Allergens: M** | **Jacket Potatoes served with a selection of toppings****Allergens: M****Fresh Fruit**  |
| **Tuesday** | **Beef Lasagne Served with green beans****Allergens: G, M****Stewed Apples & Custard****Allergens: M** | **Vegetarian Lasagne served with green beans****Allergens: G, M****Stewed Apples & Custard****Allergens: M** | **Sandwiches served with a selection of fillings. Carrot & Cucumber batons****Allergens: G, F****Yoghurt****Allergens: M**  |
| **Wednesday** | **Lamb & Vegetable Biryani served with Naan Bread****Allergens: G****Fresh Fruit** | **Lentil & Vegetable Biryani served with Naan bread****Allergens: G****Fresh Fruit** | **Leek & Potato Soup with Crusty Bread** **Allergens: M****Fresh Fruit** |
| **Thursday** | **Mixed Bean Hotpot served with** **Allergens:****Eves Pudding & CreamAllergens: G, M** | **Crackers with a selection of toppings served with cherry tomatoes****Allergens: M****Fresh Fruit** |
| **Friday** | **Steamed fish with vegetables in a tomato sauce served with cous cous****Allergens: F, G** **Yoghurt****Allergens: M** | **Steamed Vegetables in a tomato sauce served with cous cous****Allergens: GYoghurtAllergens: M** | **Muffins served with a section on toppings, cucumber & Carrot batons****Allergens: G, M****Fresh Fruit** |
| **Snacks**A selection of fresh fruit, breadstick, rice cake or cracker and cheese cubes or cheese spread served with milk or water to drink |
| **Allergen Codes - G -** Cereals containing gluten, namely: wheat **Cr-** Crustaceans **E** – Eggs, **F**- Fish, P- Peanuts, **S -** Soybeans, **M –** Milk, N- Nuts; C - Celery (including celeriac), Mu – Mustard, **SS** – Sesame, **SD** - Sulphur dioxide/sulphites, **L**- Lupin , **Mo** - Molluscs |
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 | * Chicken
* Lamb
 | * Cod
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| Small World Nursery Logo | **Spring Menu - Week 3**Early weaners- As babies become used to flavours and textures, they will progress to more complex dishes. Finger foods like soft vegetables and bread are given in addition. Your key person will love to hear how weaning is going at home so we can work together. |
|  | **Breakfast****8am-8.45am** | **Lunch****12 noon** | **Teatime****4.15pm** |
| **Monday** | **A Selection of breakfast cereals****Allergens; G, M****(Soya & Rice milk is available)****Toast****Allergens: G, M****(Wheat free and dairy free options can be available)****Drinks****Milk, Water & Diluted Fruit Juice** | **Spinach & Tomato Pasta****Allergens:G, M****Yoghurt****Allergens: M** | **Crackers with a selection of toppings served with cherry tomatoes****Allergens: M****Fresh Fruit**  |
| **Tuesday** | **Homemade Chicken Kiev served with Vegetable & Egg fried rice****Allergens: G, M, E****Rhubarb Crumble & Custard****Allergens: G, M** | **Homemade Quorn Kiev served with Vegetable & Egg fried rice****Allergens: G, M, E****Rhubarb Crumble & Custard****Allergens: G, M** | **Muffins served with a section on toppings, cucumber & Carrot batons****Allergens: G, M****Fresh Fruit** |
| **Wednesday** | **Toad in the Hole served with potatoes & Vegetables****Allergens: G****Fresh Fruit****Allergens: None** | **Vegetarian Toad in the Hole served with potatoes & Vegetables****Allergens: G****Fresh Fruit****Allergens: None** | **Jacket Potatoes served with a selection of toppings****Allergens: M****Fresh Fruit**  |
| **Thursday** | **Beef Chilli & Rice****Allergens:Angel DelightAllergens: M** | **Vegetable Chilli & Rice** **Allergens:****Angel Delight****Allergens: M** | **Tomato & Chickpea Soup with Crusty Bread** **Allergens: M****Fresh Fruit** |
| **Friday** | **Chicken & Leek Hotpot served with broccoli****Allergens: G****Fresh Fruit****Allergens: None** | **Quorn & Leek Hotpot served with broccoli****Allergens: GFresh Fruit****Allergens: None** | **Sandwiches served with a selection of fillings. Carrot & Cucumber batons****Allergens: G, F****Yoghurt****Allergens: M** |
| **Snacks**A selection of fresh fruit, breadstick, rice cake or cracker and cheese cubes or cheese spread served with milk or water to drink |
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| Small World Nursery Logo | **Spring Menu - Week 4**Early weaners- As babies become used to flavours and textures, they will progress to more complex dishes. Finger foods like soft vegetables and bread are given in addition. Your key person will love to hear how weaning is going at home so we can work together. |
|  | **Breakfast****8am-8.45am** | **Lunch****12 noon** | **Teatime****4.15pm** |
| **Monday** | **A Selection of breakfast cereals****Allergens; G, M****(Soya & Rice milk is available)****Toast****Allergens: G, M****(Wheat free and dairy free options can be available)****Drinks****Milk, Water & Diluted Fruit Juice** | **Jacket Potatoes served with a selection of toppings****Allergens: M****Fresh Fruit** **Allergens: None** | **Crackers with a selection of toppings served with cherry tomatoes****Allergens: M****Fresh Fruit** **Allergens: None** |
| **Tuesday** | **Beef & Mushroom Stroganoff served with rice & peas****Allergens: M, Mu, G**  **Bananas & Custard****Allergens: M** | **Cannellini Beans & Mushroom Stroganoff served with rice & peas****Allergens: M, Mu, G****Bananas & Custard****Allergens: M**  | **Muffins served with a section on toppings, cucumber & Carrot Allergens: G, M****Fresh Fruit****Allergens: None** |
| **Wednesday** | **Turkey Meatballs & Spaghetti served in a tomato sauce****Allergens: G, E, S****Fresh Fruit****Allergens: None** | **Vegetarian Meatballs & Spaghetti served in a tomato sauce** **Allergens: G, E, S****Fresh Fruit****Allergens: None** | **Sandwiches served with a selection of fillings. Carrot & Cucumber Allergens: G, F****Yoghurt****Allergens: M** |
| **Thursday** | **Baked Cod in a tomato & courgette sauce served roast potatoes and vegetables****Allergens: F****Yoghurt****Allergens: M** | **Baked Halloumi in a tomato & courgette sauce served roast potatoes and vegetables****Allergens:** **Yoghurt****Allergens: M** | **Jacket Potatoes served with a selection of toppings****Allergens: M****Fresh Fruit****Allergens: None** |
| **Friday** | **Pork Ragu served with new potatoes & Vegetables****Allergens: G****Peach Fool****Allergens: M** | **Vegetable Ragu served with new potatoes & Vegetables****Allergens: GPeach Fool****Allergens: M** | **Chicken & Vegetable Soup with Crusty Bread** **Allergens: G****Fresh Fruit****Allergens: None** |
| **Snacks -** A selection of fresh fruit, breadstick, rice cake or cracker and cheese cubes or cheese spread served with milk or water to drink |
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